

In Brief

Permanent Fund Sets New Record

Once again the Alaska Permanent Fund Dividend set a new record, this being the sixth consecutive record breaking year in a row. The 1999 dividend has increased \$228.96 from last year and is now a \$1,769.84 check.

\$5 Perseverance Flex Passes

Students may purchase Perseverance Theatre flex passes at the cashiers office, downstairs in the Mourant building for \$5. Student Government has subsidized 50 percent of the ticket's original price. Students can either exchange the flex passes at the theater an hour before the show, or exchange them at Hearthside Books.

Students encouraged to call Congress

Alaska state Senators encourage students and supporters of education funding to place calls to Congress with a message that education funding must be increased, not decreased. The Senators believe that Congress leaders may be using education dollars to fund other parts of the federal budget, which threatens to cut student aid up to 17 percent.

Egan Library institutes new fines

Beginning this fall semester, at the request of faculty, Egan Library instituted overdue fines for reserve collection materials that are not returned on time. Overdue fines for reserve materials are charged at the rate of \$1 per hour for items that are checked out by the hour, and \$5 per day for all others. The maximum fine is \$20 per reserve item.

Matrix out on video

The best movie from 1999 is in stores now. Less than eighty days til Christmas! "There is no spoon."

Important Dates

- 8/5 Fireside Chat with Tish Griffen at housing lodge, 7p.m.
- 8/6 Wooch Een meeting, 2pm in Novtany 213
- 8/8 Student Government meeting, 1p.m.
- 8/9 SAC Opening Dance at 9p.m.

Accreditation Team visit
Leaves 8/14

Whalesong 2nd issue

SAC opening delayed Blood, sweat and tears bring SAC

By Michael Howard
Whalesong Reporter

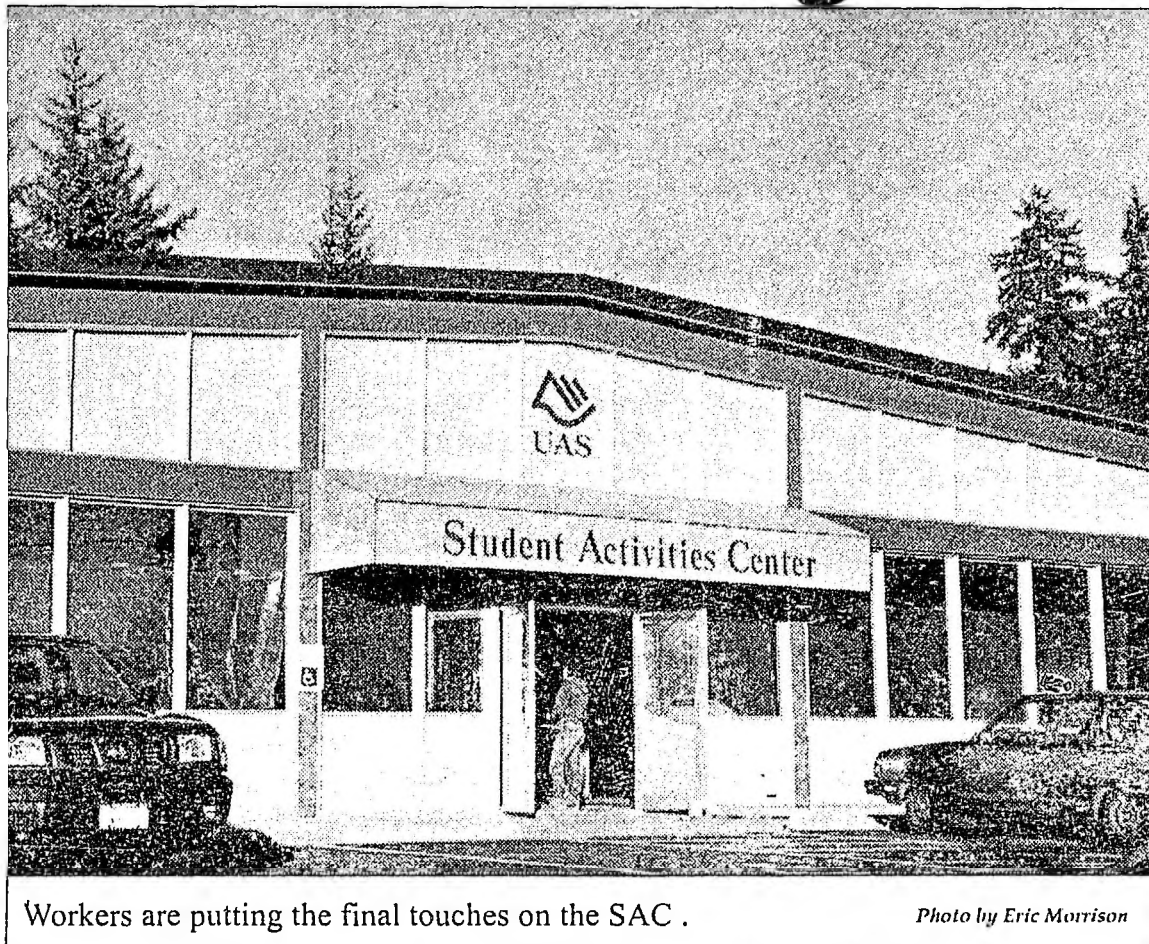
Eleven years ago the University of Alaska Southeast drew up its first plans for a Student Recreation Center, but both financial and political obstacles have created a road block that has put the Rec Center dream on hold.

The University has tried numerous ways to build the Rec Center, from going before the legislature, to selling the Bill Ray Center, all to no avail. Still unable to find the \$4.5 million dollars necessary to purchase the Rec Center, the administration decided to go after a Student Activity Center (SAC). In May of this year, UAS finally received a break. The old Horton Hardware Store in Auke Bay became available for the low leasing price of \$10,000 per month plus utilities.

The administration has not stopped in its search for a Student Rec Center. Carol Griffin, vice chancellor for Administrative Services, said that Chancellor John Pugh has made the Rec Center one of his top priorities, but that money and politics are a continuous roadblock.

For now the administration has put its focus on the Student Activity Center. After hundreds of hours of work and numerous sleepless nights, the administration is finally ready to open the SAC's doors to the students. With a due date of October 9, the students of UAS will have a place to go for everything from playing pool and air hockey, to working out on exercise equipment. And if this isn't enough, the students will be able to climb a \$30,000 - \$50,000 climbing wall or watch movies on a 20-foot-wide movie screen.

Rosie Gilbert, student body president, said that the merchandise purchased for the SAC was not selected at random, but rather



Workers are putting the final touches on the SAC.

Photo by Eric Morrison

decided upon by numerous student focus groups to find out what the students wanted for an adequate student life. She now believes that the items selected will draw students of all age groups, especially with the addition of the climbing wall.

The SAC has not come without a cost. Endless rumors have plagued the University campus and the integrity of the administration. One of the rumors was whether or not the University was forced by the Board of Regents to produce an activity center in order to keep four year college accreditation. Griffin was quick to respond that these rumors are false, that the Horton Property presented an opportunity the University could not pass on.

Another problem that has troubled stu-

dents is the additional fee of \$100 they were forced to pay at enrollment. Like most college students through out the world, students at UAS face the similar problem of being broke. Without a product to show for their buck, students are starting to grow anxious. Other students are having trouble with the idea that if they drop their classes they don't receive their SAC money back.

Bruce Gifford, dean of students, says that he understands the students' frustration and would have liked to have SAC's doors open by now. He would also like the students to understand that UAS has less additional registration fees than any other university in Alaska and these fees are im-

see SAC page 3

Good grades paying off

23 UAS students attending on UA Scholars Program

By Sina Mertens
Whalesong Reporter

For Juneau campus students Mindy Montag and Crystal Hayden, hard work and study has already paid off - to the tune of \$10,000. They are two of the 23 UAS students attending school as part of the UA Scholars Program, a new program that provides scholarships worth \$1,350 per semester to Alaska high school students who graduate in the top 10 percent of their class. Purpose of the program is to encourage students to complete their education in Alaska. "Over half of the students who leave for college in other states never return to Alaska," says Mark Hamilton, president of the University of Alaska Statewide System. "We know if we educate our young people in Alaska, the chances are substantially increased

that they will stay to take a job, raise a family, and contribute to the social, cultural, and economic enrichment of Alaska".

At the present time, there are 16 students at the Juneau campus who receive the Award, along with three students in Sitka and four in Ketchikan. Mindy Montag, a business major from Juneau, is one of the recipients in this first year of the program. "When I heard about the Award in my junior year in high school, I started to study even harder," she says. "I knew I had a chance to make it in to the top 10 percent of my class". And the extra work paid off. Today, the money from the Award allows Mindy to live on campus together with her friends and to get the college experience she always wanted.

But the Award isn't confined to only the University of Alaska Southeast: Recipients may choose to attend any of the UA

campuses and transfer between them without affecting the award. The students truly appreciate this feature. "I went to high school in Anchorage," says Crystal Hayden, a freshman at UAS, "but I wanted to study marine biology. They didn't offer it at UAA, so I came to Juneau". And the Award moved with her.

However, the program is designed not only to be an incentive for students, but also a challenge for high schools. The responsibility to provide the university with lists of eligible students and the duty to notify and inform those students about the program lies with the high schools. Furthermore, the UA Scholars Program wants to nourish the efforts of school districts to provide high quality education. This school year will now show if the University of Alaska Scholars Program fulfills its purpose and meets the goals it set for itself.

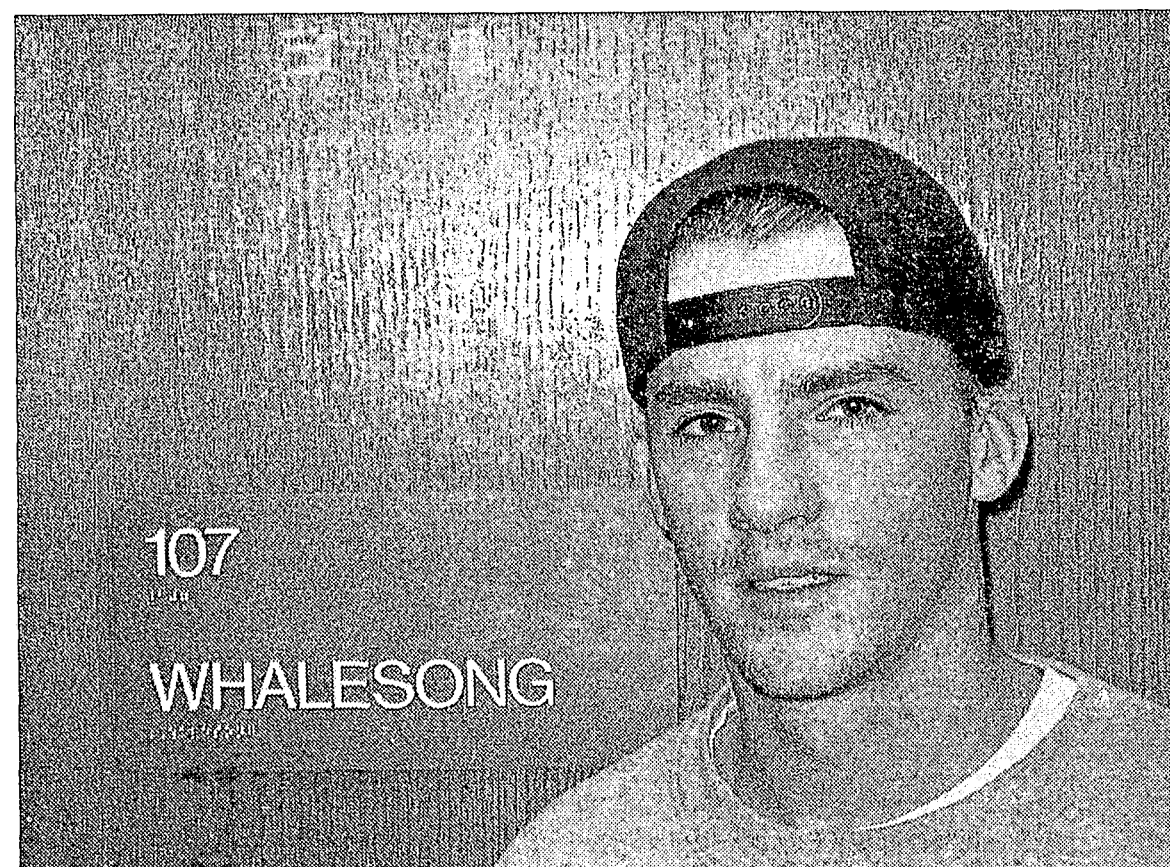
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This is who I am, the new editor

I have been lucky enough to be given the opportunity to be this year's Whalesong editor-in-chief. I take the job very seriously and hold it with the utmost respect.

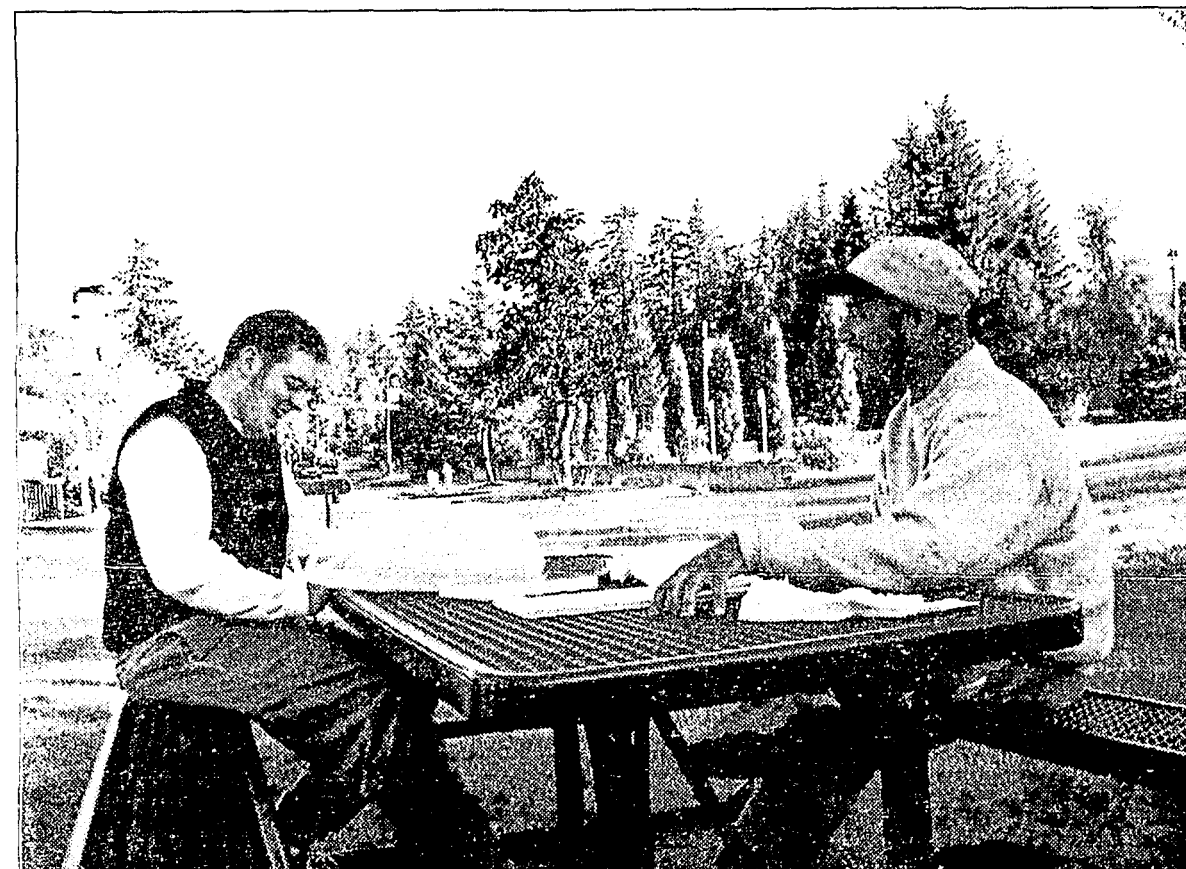
I came here to Juneau for the first time just about a year ago. I was stuck in a rut in life and wasn't really going anywhere that I truly wanted. I had the opportunity of taking a week long vacation to Juneau, so I ran with it. My first week in Juneau was spent whale watching, fishing, hiking and exploring and I was blown away by the natural beauty. My uncle brought me here to the University so I could check it out, and it was like fate. The university was willing to accept me as a student, even though I had failed out of a community college, and there was a student newspaper that I felt I could help make better.

I enrolled in school here last January and reset my priorities in life, number one priority being school. I kept my focus on school and did quite well if I may say so myself. And the class that I worked the hardest on was the Whalesong. I tried my hardest to contribute something that everyone might enjoy, and hopefully respect.



"This paper is created by the students, for the students! So put in your two cents and contribute every once in a while. The paper is only as good as WE make it, so lets work together." -Eric Morrison-

Photo by Wilson Walz



Students Clancey DeSmit and Joshua Reyes enjoy homework in the sun.

Financial Aid anyone?

By Joshua Reyes
Whalesong contributor

In case you did not notice, our Financial Aid department will be losing an employee this coming week. Nicole Wery-Tagaban will conclude her three years of work in the Financial Aid office, and been new duties with the State of Alaska as early as this coming week. Nicole, has worked exceptionally well with students. Most college students will agree that Nicole did a superb job, and we all wish her well. "Go Nicole, Go!"

Working with agencies (federal, state, and institution), students, and staff requires patience and commitment. It is safe to say that Nicole provided that, and more. Financial Aid Director Barbara Burnett comments on Nicole's performance, "She is an exceptional employee." When asked what

All summer long I thought about becoming the Whalesong editor and taking the paper in a different direction. Throughout all the traveling, playing, partying and fun, the Whalesong was always like a fly buzzing in my ear that wouldn't go away. So being the persistent person that I am, when I got back up here I went all out for it. And I guess that if you want something bad enough and are willing to pay the price of success, then anything is possible.

Now I need your help. I need help from every student to make this your newspaper, our newspaper. A lot of people are willing to criticize, but are not willing to contribute their ideas, wants and needs. As editor I have set two goals for myself and for my staff. One, to get the newspaper out on time, every time. And two, have something in every paper that each student, faculty, administration, and staff member can enjoy. As a staff we will do our best to serve the interests of our community and our readers. If you have any suggestions, please drop a letter in the drop box outside the Whalesong office in the Mount Building, or track me down. I am committed to making this the best paper I can, for the people. Enjoy.

is Nicole biggest asset, Barbara responded "She is friendly and sociable." The students will undoubtedly miss her.

To replace Nicole, the university has brought in Diane Meador, who will take over in early October. In addition, the Financial Aid department has hired Luan Yanusz as a half-time employee to help with the workload. Was Nicole an efficient employee? Judge for yourself!

The Financial Aid department, who has been working on a new web site to better serve the students and has reported that school scholarship applications will be available sometime in October. It is said to have over \$200,000 available for students that qualify, and will be distributed on a first-come-first-serve basis with no deadline.

Will SAC fees be reimbursed?

By Dianne Slater
Whalesong Reporter

Several students responded to the \$100 student activity fee, as well as the delay in opening the Student Activity Center. Out looks weren't very positive. Comments such as, "It sucks, but I can't go unless I pay."

"I don't even know what I am paying the \$100 for"

"You don't have a choice. It should be an option." (The SAC was voted on last semester)

"Certain things you get apply to all students, just because something is not used, like computers, you still have to pay for it."

The big question now is, will students receive a partial reimbursement for the \$100 Student Activity Fee for not having use of the Student Activity Center for the month of September? What has been causing the delays and how long before it opens? These are just a few student concerns floating around the campus.

Student Activity Center Manager, David Kleinpeter, was very responsive in clarifying the existing delays in opening the Student Activity Center. Kleinpeter, a

former exchange student from Humboldt University in Northern California, moved here following his graduation in 1994. He explained that the delays, which the Student Activity Center is experiencing, are only temporary. Kleinpeter wants to reassure the students that, "The delays that have occurred are not the direct fault of the University." Kleinpeter says that by October 9, we can expect to see the SAC opened, but the facility will not be fully operational and students will have limited use.

The areas which will not be accessible to students, and that will remain closed, are the climbing wall and the performance area, which will be used to present performances. These areas still require purchase and installation of equipment. The owner of the lease on the building is working quickly to accommodate changes resulting from students wanting showers at the facility, which was not originally part of the design. Also, city-inspection officials played a key role in the delay in which modifications had to be inspected.

A UAS student dance accompanied by live music and food is planned for Saturday, October 9. The SAC Grand Opening will be forthcoming, watch for an announcement in the Whalesong.



Printing by:
Golden North Printers-Juneau

Crossing the road, finding class and getting 'manky' in England

Editor's note: Wonder Russell, former Whalesong production manager, is spending the year as a foreign exchange student in England

We sprint across the oddly shaped intersection, gaining the other side with nervous giggles. We still aren't comfortable with such a simple thing as crossing the road-you can never tell from which direction the cars will come! And it's not just that they drive on the wrong side. Wait until you see a tiny Brit-mobile at a ridiculously high speed come whipping off the roundabout, reeling on two wheels from centrifugal force, zooming through a group of bewildered, road-crossing students with a long blast from its horn before you say "Boy, I'd love to bike through Britain!" You know not what you say. I am personally amazed at how many bicyclists haven't been pasted by cars or buses. Their number is always up as a lumbering, speeding vehicle sweeps past them just a fraction away, leaving them teetering wildly in the wake. It's not just that they are erratic drivers over here; they really aren't. But consider the fact that the lanes are narrower than most buses are wide. So the bus casually rolls onto the sidewalk anytime it needs to get around something or turn a corner. But sometimes the lane is filled with parked cars along the sidewalk. I don't understand this, but I've seen it with my own eyes: a lady driving a car came to a full stop, parked and got out right in the road! Traffic didn't bat an eye and bulged around her car, a vulnerable island in a horsepower sea. Why all the cars around here don't have long scrapes from inevitable sideswipes I don't know. And some things make you think that the Brits aren't too sure which way cars are coming, either. Painted on many sidewalks at unprotected crosswalks are the words 'look left' or 'look right' in huge white letters. Not even the natives know how to cross the roads safely!

This madness carries over into their educational system. I had been warned that the British system of registration (if there is a system) could be frustrating particularly to American students for its seeming disorganization and miscommunication. That wouldn't particularly bother me. As the organization of my room testifies, a little chaos never hurts. But it's the sneaky suspicion that people actually do know what is going on and won't tell you-that's getting to me. For instance, today I had a simple question, and find-

ing the Center for International Education a bit useless, I went to see a faculty member I had met. This was a lady that all the international students in media studies had met with collectively, and since this was a class-related query, she was my best resource. I told her I wanted to take a certain class on Tuesday instead of Friday, and could that be done next week? (Note: When you register for classes, you don't register for the specific times. There is no 'JOI' differentiation. You just show up to the classes and see if it's too full for you or not.) She said I should talk with my tutor. What tutor? You're my advisor! At least, I think you are! Don't you have a tutor? How should I know? No one told me anything about a tutor; I didn't get that message at the three orientation meetings I went to. Found out where the condoms are, but tutor? Sorry, no dice. Fine then; who is your teacher? Again, no idea. And not because I haven't been trying to find that out, it's just that people say, "Don't worry about that now" instead of answering my questions! That's why I think there's a conspiracy against international students. People can be unhelpful in the extreme about information. They pass you off to someone else who knows less than you do, or make up some elusive piece of paperwork everyone simply must have, but you had to get it in March. I just keep smiling and telling little white lies "You can't help me? Hey, that's okay!" and try to show up for things I think I need to be at. My fellow American students feel the same way. I came home and started peeling an orange that refused to peel evenly. Kansas girl and flatmate Lana said she went to her scheduled lecture today and not a soul was there. No note on the door, nada. Abducted. Basically we're all information starved. They just don't have promulgation like we do in the U.S. These things are annoyances, but I trust they'll sort themselves out in another week or so. At least, that's the hope I cling to.

In the meantime, life rolls merrily along. The most amazing discovery I've made so far is that the differences between UK and US citizens are not as pronounced as we believe. I have met no cucumber sandwich eating, tea-swilling stuffy, snobbish Brits. They are regular people, believe it or not. As I told Lana, "They're basically Americans with different names for things!" Okay so that's not the best generalization, but the idea that we are very similar culturally is true, unpleasant as it may be to think about! We eat the same things, though it may be arranged differently. My

flatmate Kelly made curry with pasta on toast for breakfast, and flatmate Aidan made corned beef hash. "Isn't that the most disgusting thing you've ever seen in your life?" he asks me cheerily, dumping a tin of canned catfood-looking meat into a pot with some 'taters'. It is. "Ahh, but it tastes gorgeous," he says. We'll see. On the other hand, yesterday I was mocked for eating apple and peanut butter. "That's manky!" Aidan says, grimacing. (Manky is gross.) Nick, who hates peanut butter, says, "Don't eat peanut butter in front of me!" I lick it off my knife and he howls. Sure they may call a stroller a 'push cart' and plumber's crack 'builder's backside,' but the core things make us the same. American friend Matt said, "People at home keep wanting to know how different everything is, and it's really not." Yes there are all the little differences, such as power voltages and funny sayings, but our goals are basically the same. We're all students getting through life and college, trying to make friends and get good grades, study hard and party hearty. And we both speak English, or close to it!

Those little differences can often seem like yawning chasms. Embarrassing as it is, I spent a good three days convinced my lamp was broken, until after a little experimentation I flipped an entirely new switch, and there was light! From that little lesson I learned that appliances won't work unless their circuits, located on the wall, are tripped. I've also learned that Brit microwaves operate at about 500,000 times the power of American microwaves. Put a plate of pasta in for 45 seconds, and all you'll have is ash! And although tea is a staple here, they abhor green tea (Mom, send me some!) and drink coffee with equal zeal. The toaster is still a tricky little bugger; Lana and I think it's because it senses we aren't wearing tight, black polyester pants. (More on fashion later.)

Yes I'm adjusting, and finding these little differences to be a bit charming once they're sorted out. I'm out of my comfort zone, to be sure, but I just ask questions, play along, and sometimes pretend I'm not American-you wouldn't believe my success with the latter! And, I always have the Internet to comfort me with instant chat with friends and family across the sea, and my little singing guitar in my room to plunk on and make me happy. Missing people and being homesick are not the same. I'm happy to be here, and hoping to find my way to the right class tomorrow morning!

SAC...

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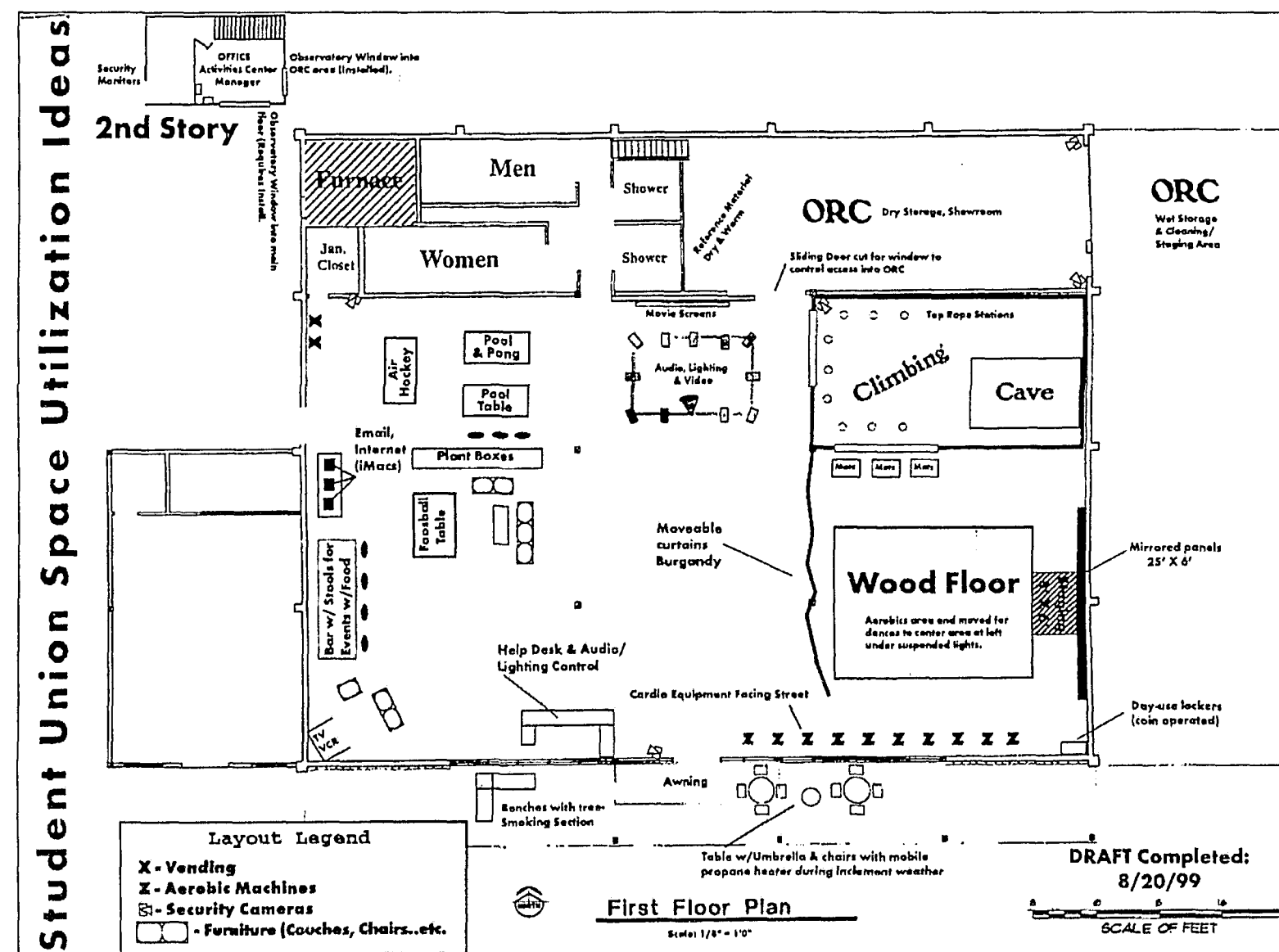
perative to the future success of the SAC.

The SAC has come with an extremely large price tag. The Student Activity Center will cost roughly \$325,000 per year to run over the next five years, after which time the administration will decide whether or not to buy the center outright. This includes everything from utilities and grounds, to student worker salaries, building management, and the lease agreement. The students will only be covering approximately \$150,000 of the total cost. The university has been able to generate another \$85,000 in fees, but still finds itself having to subsidize another \$90,000.

The answer to this financial problem may rest on the shoulders of the new SAC manager, Dave Kleinpeter. He believes that the SAC will be able to raise money by bringing in variety acts, providing dances, and renting equipment such as kayaks. Like any project of this magnitude, however, Kleinpeter realizes that it is going to be trial and error for awhile as the university tries to gauge the students' wants and needs.

One of the SAC manager's larger challenges may lie in the students themselves. He knows his core audience will start out between the ages of 18-22 and be living at housing. One of the keys to a successful Student Activity Center will be providing acceptable accommodations for those students with children as well as creating a draw for those single students over the age of 25. Both Dave Kleinpeter and Dean of Students Gifford have looked at numerous ideas and believe that in time they will be able to provide an atmosphere adequate for all students.

The diversity of students will most likely derive from the SAC's main attraction, the climbing wall. The status right now on the wall is that it is still in the design phase. Both Gifford and Bob Green, physical plant director, believe they can have the wall up by Halloween. There is only one other climbing wall in the City and Borough of Juneau, located at the Zach Gordon Youth Center, so the administration is extremely excited about having one. They



hope the students will feel the same excitement. The one requirement laid down by the students was the SAC had to have showers. Two showers are in place and operational at this time.

For the past few years students at UAS have filled out questionnaires regarding their likes and dislikes at UAS. These surveys have shown that the number one want that

UAS students requested was an activity center. The administration has looked at this need and has now addressed it. With the \$100 fee being paid well before the arrival of the product, the student-admin relationship has gotten off to a rocky start. On October 9th, students will be able to see what they purchased for their money and decide if it was worth the wait.

Anderson re-elected to Senate with greatest number of student votes

By Dianne Slater
Whalesong Reporter

Tia Anderson was re-elected for an other term as a student senator. Anderson, flattered that she had the highest number of votes, says she appreciates everyone who turned out and voted for her. She expects to serve the students to the best of her ability well into the next millennium.

Anderson, a 21-year-old transfer student from Long Island University in New York, has also attended a school in Kenya, East Africa for a year. She entered an internship program for Human Rights, a research project about women in Kenya prisons. She is working towards a degree in general studies concentrating on English and Spanish. Her ultimate career goal is to become a fiction writer. She currently works as a Spanish Tutor at the learning center.

Although Anderson has decided not to go into politics as a career, she hopes her involvement in decision making will help shape the future for students by communicating their wants while attending UAS. To implement these changes, Tia conveys that it requires determination and follow through.

"In a school as small as UAS, one still has the ability to make moral decisions," she said. "At national levels, it just doesn't happen."

At the first Global Connections Exchange Dinner at the UAS Schaible House, we chatted about some immediate student concerns that are a high priority for her. One of her most important goals as student senator is to increase communication among the students, faculty, staff and the Juneau/Douglas community.

One of the first projects Tia will implement is a one-page student publication like the employee newsletter, Soundings, which is produced by Public Information Officer Scott Foster and graphic artist, Amy Carroll. The student government produced publication will provide an opportunity for students



Student Senators Tia Anderson and Roger Jacobson discuss plans for the Student Activity Center.

Photo by Eric Morrison

to exchange opinions. Will this compete with the Whalesong? "It's merely a different kind of publication," Anderson says. She believes it will address different issues that the Whalesong doesn't.

The paper will be in more of a discussion format. It is still in the developmental stages. Any suggestions are welcomed and can be submitted to Tia at the Student Activities Desk located outside the bookstore.

Meet Student Government

By Dave Perry
Whalesong Reporter

In case you didn't know who your new Student Government Vice President and President are, you should. But I'll key you in if you don't.

Rosie Gilbert is our new El Presidente. This is her second term as president and her fifth year at UAS, so experience will be on her side. She is the one who is in charge of the meetings at Student Government, as well as keeping people up to date and on task. She is also the chair of the System Governance Committee, a culmination of the Coalition of Student Leaders, and the staff and faculty alliance. They make an effort to unite students, faculty and staff on such issues as tuition waivers.

Gilbert also attends the Board of Regents meetings, and act as a liaison for the students to such higher-ups as the chancellor and dean.

Kean Nuttall is the new Vice President, and though he is new to Student Government, he has been active in student activities for his two and a half years at UAS. He is presently working on student discounts, in an effort to make Juneau a more college supportive town.

Both Gilbert and Nuttall are working on the new student Programming Board, which correlates the Activities Committee, Student Government, and Housing to make activities better represent our diverse range of students, and hopefully eliminate overlapping of activities.

The Student Activities Center (SAC) is the Student Government's biggest undertaking in the past year, and both Nuttall and Gilbert mentioned they welcome student input into what students want the new Center to include. The projected opening date is October 9, and will have pool tables, exercise equipment, a big screen television, a projection screen (with hopes of attaining a projector from TLTR), and computers. It's open to all students, whether you want to relax and kick your feet up or do some hardcore cardiovascular workout.

The Student Government is always open to feedback, and its meetings every other Friday at 1pm are open to all students. And even if you're not on Student Government, there are numerous committees around the school that you can be a part of. If you have any questions for the members of student government, the door is always open.



Student Activity Center OPENING SATURDAY!

Noon • Saturday, October 9
(Across from DeHart's)

Hawaiian theme dance, food, pool tournament!
See you there!

UAS is an AA/EO educational institution.



Vice President Kean Nuttall with beautiful "disco queen"

File photo

Freshman Yiana Bailey wins Senator position

By Dianne Slater
Whalesong Reporter

Yiana Natasha Bailey is studying to become a Federal Magistrate Judge, her ultimate career goal. She won one of the five seats in the race for Student Senator at UAS. Natasha and her family were transferred from Ki Sawyer Air Force Base in Gwinn, Michigan, to Juneau in 1996. She works for the US Forest Service part-time in the Engineering and Aviation Management divisions. A recent graduate of Juneau-Douglas High School, she enrolled at UAS to work towards a pre-law degree. Bailey expects to transfer to The University of Nevada at Las Vegas, next fall, to enroll in its pre-law program. She also hopes to transfer to the University of California at Berkeley, to pursue a degree in Law.

Bailey has been involved in student government since seventh grade. She has participated in the Distributive Educational Clubs of America (DECA), Peer Helpers, and the Mun Model United Nations, a mock United Nations that holds conferences at UC Berkeley. The goal of MMUN is solving world problems, like the United Nations. If the bills submitted by MMUN are accepted, they are then sent to United Nations Conference in South Africa for their review, and hopefully approval.

Natasha's friends think that going to

UAS does not offer the "real college experience", similar to that of a larger university. For Natasha, it is more than just going to classes, it is participating in social activities and experiencing a different atmosphere than that of other colleges. It is by becoming involved in as much as possible. This is one of the reasons she ran for Student Senate, to get a feel for this university's internal workings.

Natasha feels communication is definitely the key to connecting with all the students of UAS. She intends on keeping the students informed on what it is that student government is doing, and getting that information to the students so she can receive their feedback.

A recent issue that has students waiting and longing for resolve is the opening of the Student Activity Center. "The student activity center is not open and the \$100 fee has a lot of people upset," she said.

It has been calculated that students are paying \$6.50 a week for a facility that is not available to use. For September the total is \$26. She recognizes that the university cannot control the construction process, but, a solution is needed that will benefit both sides. A partial reimbursement to students for SAC fees may be a part of that solution.

Bailey states that she is working for the students. If you have any issues, even if it is not her committee issue, she will be there

to speak for you, and will be there to voice your student concerns to the committee and get feedback to the students.

Vice President Kean Nuttall, asked the candidates at the debate for their individual response to questions about what their goals were and what makes them stand out among the other candidates. The audience members were able to ask questions and voice

their concerns as well. The most difficult question for Bailey was what was her biggest flaw and how does she overcome it? Her answer was procrastination. It is easy for her to get distracted when she has to do homework. Unplugging the phone, locking the room door, or sitting in the back corner of library helps her to keep from being distracted by friends.

UAS BOOKSTORE

FREE phone card Friday

Come to the Bookstore Friday the 8th
and fill out a quick survey and receive
a free 60 minute phone card.



Located below the Mourant Cafe
Monday - Friday
8 am - 5 pm

An intimate conversation with Chancellor John Pugh



Chancellor Pugh flashing his signature smile

Photo by Scott Foster

By Mike Howard
Whalesong Reporter

In the past few months the University has seen some changes to its administration. Carol Griffin became the new vice chancellor, Bruce Gifford became the new dean of students, and John Pugh became the new chancellor. Recently, the new chancellor sat down with me to discuss the past, the future, and the affect the new job has had on him and his family.

Pugh is excited about his new posi-

tion. He's so excited in fact, that as we talked, he was on the phone trying to figure how to fly to Whitehorse that evening in 50 mph winds and pouring rain to assist Whitehorse with their Distance Ed program. He was quick to point out that his new job could have had a rougher start had it not been for the leadership and expertise of the chancellor before him, Marshall Lind.

Comparisons with Marshall Lind have come quickly on the Juneau campus. Rosie Gilbert, student body president, said she hopes that Chancellor Pugh continues to listen to the student concerns and treats

them with the same respect that Lind did.

Still, Pugh has his own agenda. One of his plans is to improve upon the Distance Ed. program. Right now numerous small towns throughout Alaska count on the Juneau campus for classes. By the year 2000, he hopes to have a BLA degree available to Distance Ed. students. Today those students cannot complete their degree without flying to Juneau for their remaining classes. He would also like to add additional classes such as an accounting class to the Distance Ed. program.

Each year students face the similar challenge of finding excitement in the few classes that UAS has to offer. UAS has added many new classes as well as teachers over the past few years and it is Pugh's hope that UAS will continue this production for many years to come. This would help in his long-range plan of having both majors and minors offered in the degree programs. Right now the University only offers emphasis areas.

Becoming chancellor has brought on many added responsibilities for Pugh, including travel and time away from home. Pugh said that his wife and him are the best of friends and that she has been very supportive of him throughout all these changes, although the responsibilities of both their jobs can sometimes make finding time to spend together difficult. He also expresses concern that he will make sure to take vacations throughout the year to remain both, close with his family and also fresh to the new challenges ahead.

The expectations of Pugh are high right now. Robert Erbeck, lead carpenter for the physical plant and president of the statewide University of Alaska Classified Employees of Alaska or UACEA, said that he hopes Pugh continues to give the physical plant his full support. Erbeck's main concern is that Pugh makes sure the physical plant is offered all major projects before they are sent out to bid in the private sector.

Art Peterson, a long time teacher at UAS, would like John to undertake a leadership initiative to strengthen academic advising. Peterson believes that forming a chancellor's work team of the dean of stu-

dents and faculty would be a great place to start. Peterson commended Pugh for being able to balance a busy schedule as dean of students, while still finding time for both faculty and students. He encourages Pugh to continue to do so as chancellor.

The consensus is that most people believe that President Hamilton made the right choice in having John Pugh lead UAS into the twenty-first century. Right now Pugh's feet are barely wet and the large results are yet to be seen. Still, there is excitement in the air. With all the remodeling on campus and the opening of the Student Activity Center in the near future, many wait and wonder; what will happen next?

Student Government general election results fall '99

5 senator seats were open

| | |
|----------------|----------|
| Tia Anderson | 77 votes |
| Cachet Garrett | 68 votes |
| Yiana Bailey | 63 votes |
| Naiara Bryant | 57 votes |
| Suzan Bryson | 55 votes |
| Lori Oldacres | 54 votes |

Brain food for thought

A column by Dianne Slater

What sort of breakfast do you eat, or do you even eat breakfast? Maybe you are one of those that need that extra "Jolt" in the morning and go for that black brew to give you fuel to kick start your day. How about those late night study groups where you sit around and eat chips and drink coke to keep yourself awake. Eventually, you find yourself brain dead by mid-day.

Nutritionist, Earleen Lloyd of Juneau, has a degree in Applied Health Science, a new science where wellness is the emphasis, using prevention techniques through lifestyle changes, which enables her to give us lots of good information that will help get your day going better. As a lifestyle consultant, Lloyd is also a Certified Natural Hygienist. Helping people analyze their health risks and facilitating exercise programs and nutrition analysis. Lloyd conducts various seminars on wellness such as helping people with general information on herbs and aromatherapy, and hydrotherapy, a process using water to facilitate the body in restoring health.

This includes hot foot and fever baths, hot and cold showers, and fomentation - using flannel type heat packs to the body to achieve certain physiological affects that boosts immune system and helps the body facilitate it's own immune response.

Employed as a nutritionist at Ron's Apothecary, in Mendenhall Mall, in the valley, Lloyd is able to help answer questions regarding nutrition, and which essential vitamins needed to supplement your diet. Lloyd has credentials as a Certified Fitness Instructor, and is certified in Vegetarian Cuisine with 12 years of knowledge and experience. She is also a part of the new cottage industry, having a small business of her own called "Wellstyle."

After attending one of her nutrition seminars recently, I examined and analyzed my own health risk concerns. That seminar helped my decision to make my own lifestyle changes in what I eat. We discussed issues that students face in getting the needed nutrients to enable the brain to concentrate more effectively, and especially when hitting the books. We talked about what kinds of food and nutrition the college student could eat to get a good start each day to remain alert and energized. Re-

search studies have shown that eating breakfast helps improve mental and physical performance. Good nutrition won't do a thing to prevent you from becoming 65 or 85 - But new evidence shows that nutrition as well as heredity is a major factor in determining the length of life. Good nutrition will make you feel more vivacious and youthful with less health problems and help your body function at its peak.

Lloyd admitted to changing her own ideas about eating. "Used to be, I ate food to pacify and feed emotional needs," she said. "I finally learned you eat to live not live to eat. This has helped me to put food in its proper perspective."

The Basic Nutrients

Food is needed to furnish fuel to supply energy to the body to provide materials to repair and rebuild tissues and to provide substances that act to regulate body processes. Any chemical substances found in food that functions in one or more of these ways is known as a nutrient.

The seven basic classes of nutrients are carbohydrates, fats, proteins, vitamins, minerals, fiber and water, each performing different roles. Only carbohydrates, fats and proteins provide energy or calories. They are necessary for the proper utilization of foods and the healthy functioning of the body. When food is properly selected and prepared the basic nutrients are consumed in the correct ratios and amounts, and we can be assured of good nutrition. All natural foods contain all seven essential nutrients. The functions of all the nutrients are interrelated. For instance, an apple will contain all seven nutrients, but needs to be eaten with an assortment of foods at every meal to be in proper balance. Eating a variety of foods will get all the nutrients in sufficient quantities.

Give Me My Enzymes

Even when you feel rushed in the mornings, don't skip breakfast. When eating on the run, grab fresh fruit, nuts, seeds, granola, dried fruit, or trail mix instead. It is fast, healthy and more beneficial than skipping meals. It is much better to eat raw foods such as carrots, celery, broccoli, cauliflower or any of your fresh fruits, and raw nuts. This will give you the enzymes that your body needs to function properly. Cooked food is dead food basically. When cooking foods above 120 degrees the enzymes are destroyed. What are the benefits of the enzymes? The enzymes in any given food are enough to digest that piece of food. If the food is cooked then the enzymes are destroyed and the body is left to pull from its own enzyme pool to digest the food. Instead of the food adding to the body, it takes away valuable nutrients. Heating also de-

stroys valuable vitamins like B and C and alters the fat in food to make it less available to the body. All I can say to that is give me my enzymes! Because of the better understanding of enzymes and how they work, I eat lots more fresh veggies now than I ever have in my life, yes, even spinach. So, you will want to refrain from overcooking your foods in order to preserve those enzymes.

Sugar Spikes

When you are starting out the day, the body needs adequate nutrition so the brain will have the fuel it needs to function. We all know this, but we are in the habit of overlooking it because of the rushing around we do to get to classes or wherever else we may be heading. An alternative students might want to think about is drinking fruit juices, like "V-8," 100 % fruit juices, a protein shake made with low fat milk, or low fat yogurt. This is better than skipping a meal. You can even try just plain water instead of soda pop and caffeine filled beverages. I learned from Lloyd that drinking soda pop will cause blood sugar levels to spike and causes the body to over compensate to restore the blood sugar levels back to normal and usually makes the person feel more sluggish than before drinking the beverage. Not to mention that sugar in one can of coke is equal to about nine teaspoonsful of sugar. Then we become inclined to eat a candy bar or other sugar item as a pick me up and the cycle starts all over again. I recall numerous times when I grabbed a coke

and candy bar, purposely to get the burst of energy needed to get through some morning. Eventually, my body crashed from exhaustion. This cycle is very detrimental to the body, and is often a pre-cursor lifestyle to adult onset diabetes.

Avoid Heavy Meals

A clogged stomach is a clogged mind. Eating large heavy meals like a fat greasy hamburger, fries, and a milkshake over burdens the digestive system. Why should you care? Because the high fat meals cause the red blood cells to become sticky and clump together, clogging up your circulatory system and making you feel tired and unable to concentrate clearly. On the other hand, eating a large meal before a test or exam is not a good idea either as the meal will draw the digestive system into overload causing the circulatory system to send more blood flow to the digestive tract. At that time, you need the increased blood flow to the brain to have clear thinking and reasoning ability. To optimize our performance both physically and mentally eat a wide variety of foods, mostly from plant sources in as natural a state as possible. Now, go take on the day.

NOTE: This is part one of a series of health and nutrition tips that I hope you all will find useful. Please pick up the next issue of Whalesong to check out the newest health and nutrition tips. I would also like to invite you to send in any questions or comments you have relating to this column. My email is dianneslater@gci.net.

Student Friendly Recipe

This issue's featured recipe, Tabbouli Salad, will be available for free tasting at a Tasting Fare hosted by Mourant Cafe. Look for the announcement in this issue of Whalesong. If you have a favorite healthy recipe to share that is Student-Friendly we can arrange to do a Tasting Fare with the Mourant Cafe. The Whalesong is your paper so get involved! If you have any ideas or comments contact me through my email address at dianneslater@gci.net

TABBOULI SALAD

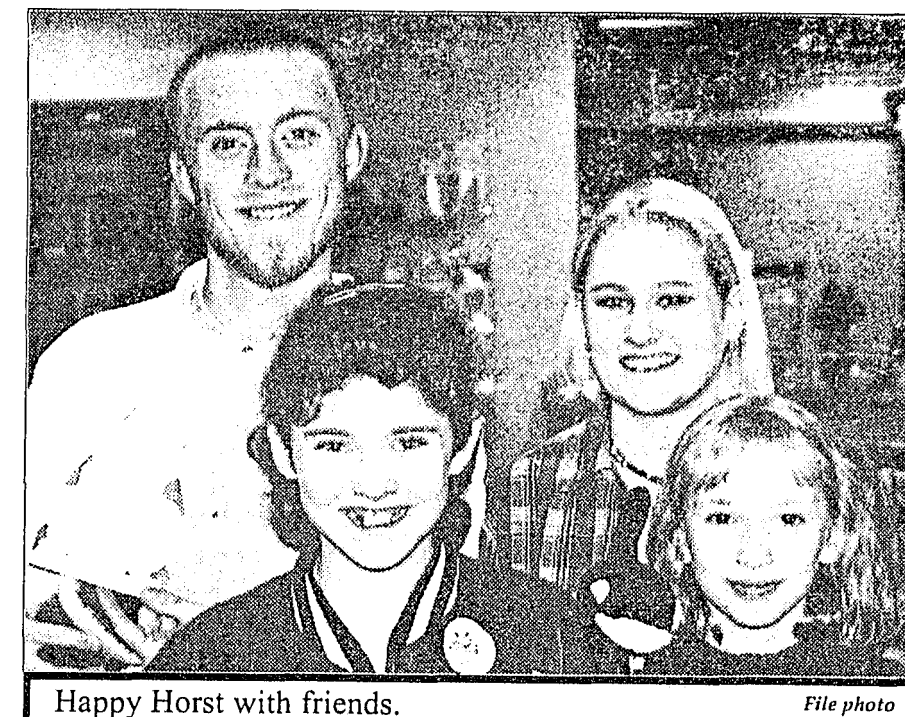
Tabbouli Salad is a recipe that is unusual and low in calories. You can find it in the cafeteria at UAS. You will be pleasantly surprised if you have not tried it. This salad originates from the Middle East, sometimes known as a Lebanese Salad and has many health benefits. It has raw vegetables, giving you the enzymes needed to have optimal health. This is a good make-ahead salad that can be covered and refrigerated for about 3 days. The parsley remains crisp and the flavor improves upon standing. The uniqueness is that it contains a whole-wheat grain, bulghur wheat, that comes steamed-dried and cracked, so it only needs brief soaking before you use it. This grain is low in fat and belongs to the important complex carbohydrate group. It also contains plenty of minerals, vitamins and dietary fibers. What does carbohydrate do for you? In a nutshell, it is an energy food, fuel for the body. From my understanding, carbohydrates provide about 2/3 of the energy needs of the body. Ingredients you'll need:

TABBOULI SALAD (Very easy to make, and nothing to cook)
1 cup of bulghur wheat, (found in the bulk section of store's nutrition center of grocery stores.
4 fresh tomatoes, finely diced
1 peeled cucumber, finely diced
2 cups finely chopped fresh parsley
1-2 teaspoons salt, to taste
1/3 to 1/2 cup fresh squeezed lemon juice or to taste
1/3 cup olive oil, The olive oil brings a unique Middle Eastern flavor and one of the healthier oils, high in monounsaturated fats and vitamin A. It is commonly used in many foods today.

First, PLACE WHEAT IN BOWL, COVER IT WITH PLENTY of HOT WATER AND SET ASIDE TILL COOL. Drain it and firmly squeeze out all excess water from wheat. MIX all remaining ingredients together, including the soaked bulghur wheat. Adjust lemon, salt seasonings to your own tastes. You can add minced onions, fresh mint, green peppers, and celery for your own variations. Flavor improves upon standing. Refrigerate immediately. You should be able to get about 8 portions from this salad. To garnish, place salad on a bed of lettuce and serve. Until next time.

Bon Appetit! -Dianne

Student Regent Horst



Happy Horst with friends.

By Wilson Walz-PM-

Professional racquetball player Josh Horst, isn't your average dumb jock. Josh Horst is the Student Regent for the University of Alaska System. He is the high man on the student totem pole for all of Alaska's state universities. Josh was recently chosen in June to be the representative for the UA system.

Horst moved to Juneau from Visalia, Calif. in January of 1997. He came to UAS as a transfer student from the College of the Sequoias in Visalia. For reasons unknown to him at the time he chose to run for Student Government President, (largely do to with friend Clancy Desmett's request). He won the appointment and served as president during the 1998-99 school year. As it turned out, the year was a huge success so, Josh chose to throw his name into the mix for Student Regent. After months of painstaking anticipation, Josh got the nod and was appointed Student Regent in August. He will serve a two-year term as regent and will graduate upon completion of that term in May of 2001. In addition to a full load and regent responsibilities, Josh teaches at the Juneau Racquet

Club and spends time with his friends at his Sandy Beach home. Josh also plans on organizing a one-credit racquetball class to be added to the UAS curriculum.

One of his goals is to implement changes, which will increase the curriculum in all the universities across the state. As far as his regent duties, he sits on several committees: Academic Affairs, Human Resources, and UA Foundation committees. His responsibilities vary from committee to committee, but one thing that will stay stationary, he is the student voice to President Hamilton, and respected chancellors at all the UA schools. He also sits as the chair of the Coalition of Student Leaders and plans to reorganize and strengthen the coalition to give the students more of a voice in university politics.

Josh believes that if we can keep more students in state after graduation we will be more competitive on a national scale. In a recent national math competition, students at UAF competed against some of the best and brightest, and WON. Schools represented in the competition include Harvard, MIT, and other top-notch programs.

The Japan Exchange and Teaching Program 2000

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- Be willing to relocate to Japan for one year

Applications are now available. The deadline for application is December 8, 1999. For more information and an application contact the Consulate General of Japan in Anchorage at 3801 C Street, Suite 1300, Anchorage, AK 99503. Call (907) 562-8424 or 1-800-NFO-JET

Chief Review:

By Eric Morrison
Movie Junkie

"Double Jeopardy"

Have you seen the preview for the movie "Double Jeopardy?" If so, then take it for what it's worth and don't waste your money because you have already seen the entire plot and all the best scenes.

Luckily while I was watching the movie, I had a good friend on one side and a beautiful girl on the other, or I would have been completely disappointed with the entire experience. I thought that with such a revealing preview, that there must be a trick or something they were holding back. I thought that they had to be fooling me some how, but they didn't. The only thing missing from the preview was a little bit of obvious foreshadowing, and a lot of extra boring scenes. Within the first 15 minutes of the movie I was already waiting for final jeopardy, but Alex was nowhere fixed into the plot.

I have to give the movie technical credit, it was well made, (excluding the plot that is). There was excellent cinematography, and the prolonged script was acted out rather well. Tommy Lee Jones gave another stellar performance, but I swore I was watching The Fugitive 3, except for Ashley Judds jugs and Jones' alcohol jonesin.

It is my opinion that the movie is a wannabe dramatic, suspenseful, tear jerking chick flick. So if you want to see your girl friend cry on your sleeve, or you want your boyfriend to hold you tight and console your feelings, go ahead and spend the eight bucks and maybe you'll get lucky. If you're a serious movie connoisseur, take my advice, save some money and rent the Matrix.

Play Review:

By Wilson Walz
Drama Fiend

"Angels in America"

You won't find family values or base ball in this play, but drag queens, hallucinations, and nudity are a staple in this dramatic comedy. This play is not for the weak of heart; it will pry on all your senses. Angels in America is a Tony and Pulitzer Prize winning production by Tony Kushner and was released in May 1991.

I was blind going into the play, I hadn't heard anything of the content or nature of Angels. My first reaction was one of a shocked child, but I soon began to laugh hysterically. The story will take you on a roller coaster ride, so stay put and get what you can out of Angels. I was deeply offended by the subject matter but the acting was brilliant. Having performed with Perseverance in the past, King Island Christmas, I found the technical and artistic sides to be done very well, as usual. I don't recommend this play if you are insecure or biased,

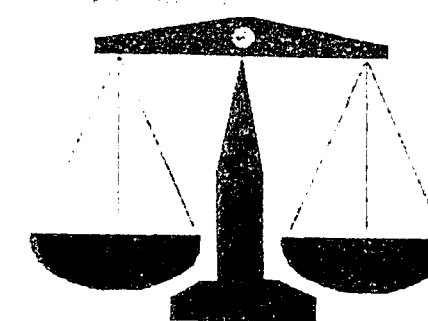
so come with an open mind. The play is set mostly in New York City during the mid-1980's. I could give you more information but it is best experienced on a virginal level. I am happy to have experienced Angels with no prior knowledge of its content.

Angels in America started running at Perseverance Theatre in Douglas Sept. 17th and will continue to run through Oct. 10th. Student discounted tickets may be purchased at the bookstore at UAS for \$5. At show time the price jumps considerably from \$18 for students/senior citizen to \$22 for regular adult admission. If you buy a ticket from the UAS bookstore you can redeem it for a reserved ticket at Hearshide Books in Nugget Mall and show up at the curtain call. The other possible avenue is to bring your student ticket an hour early and wait to be seated last. Use your head folks, stop by Hearshide and exchange your ticket for a reserved ticket.

By the eyes of Liza

By the eyes of Liza I can't help but melt, the kindest eyes I've ever felt.
I wonder what those eyes do see? Could I be blessed, are they looking at me?
What glory captures that sight? Eyes sometimes bashful, always polite.
Looking at me I feel such a rush. She looks away, I see her blush.
So beautiful I can't explain in this rhyme. I just wish she looked at me all the time.

Young Male Poet



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January - May 2000

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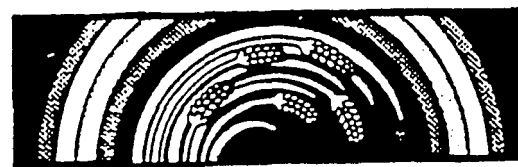
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Horoscopes

(Straight from the horse's mouth)

Libra (Sept 23-Oct 23) Much adversity will face you in the weeks to come, but keep your head up, at least the Virgos are the ones who will lose their cool and fall in the heat of battle. Is the price of success really worth going through all the adversity? Of course, it's your time to become officially older and hopefully wiser, plus your best friend ordered you a stripper for your birthday.

Scorpio (Oct 24-Nov 22) Keep your eye out for a sexy white Russian, it's in your near future! Your friend might treat you or you might have to treat yourself. Try the Hanger, the Penthouse or even the Alaskan, but stay away from the Buoy Deck, unless you swing that way.

Sagittarius (Nov 23-Dec 21) Guilt is tearing you apart, everyone can tell. Do a little soul searching and deal with the skeletons in your closet. In fact, just come out of the closet, nobody likes to see your alligator claws painted purple in the shower at the JRC (Brother Courage). Go see Angels in America, bring a notebook and take notes, you might learn something.

Capricorn (Dec 22-Jan 19) This is your time, forget about the mortgage and take that little red head on that cruise. Who cares about having a roof over your head, Carpe Diem. Many Jell-O shooters are waiting for you in the Caribbean. Fall off that wagon, you can get back on anytime.

Aquarius (Jan 20-Feb 19) Start looking for a Valentine now!! Your mother can't handle another Valentines day with you mopping around the house crying about that girl in your Philosophy class who dumped you for the teacher. Be a romantic and take that beautiful girl in your Inboard/Stern drive maintenance class and hitch your wagon to a star.

Pisces (Feb 20-Mar 20) Party Headquarters is disbanded, don't go back to F-2 anymore. Slosh was deported, Mr Monogamy is on the states most wanted list, Big Daddy Luv is drinking tequila with the vottos and the CEO is a born again Christian. Buy a bottle of Peach Schnapps and drown your sorrows like a man, or throw a kegger for Nelsons birthday.

Aries (Mar 21-Apr 19) Don't expect anything special to happen, these next couple of weeks are going to be super boring. Nothing fun is going to happen to you, so you might as well put your parents money to use and start going to class.

Taurus (Apr 20-May 20) Haven't you burnt your lungs up by now? 4/20 isn't for several long months. Get rid of the roaches and invest in some incense, or at least stop smoking in Banefield Hall, there's narcs all over.

Gemini (May 21-Jun 20) Two beers or two babes? Think about it chubby. Get in the gym!

Cancer (Jun 20-Jul 22) See a doctor quick! Hopefully it's malignant.

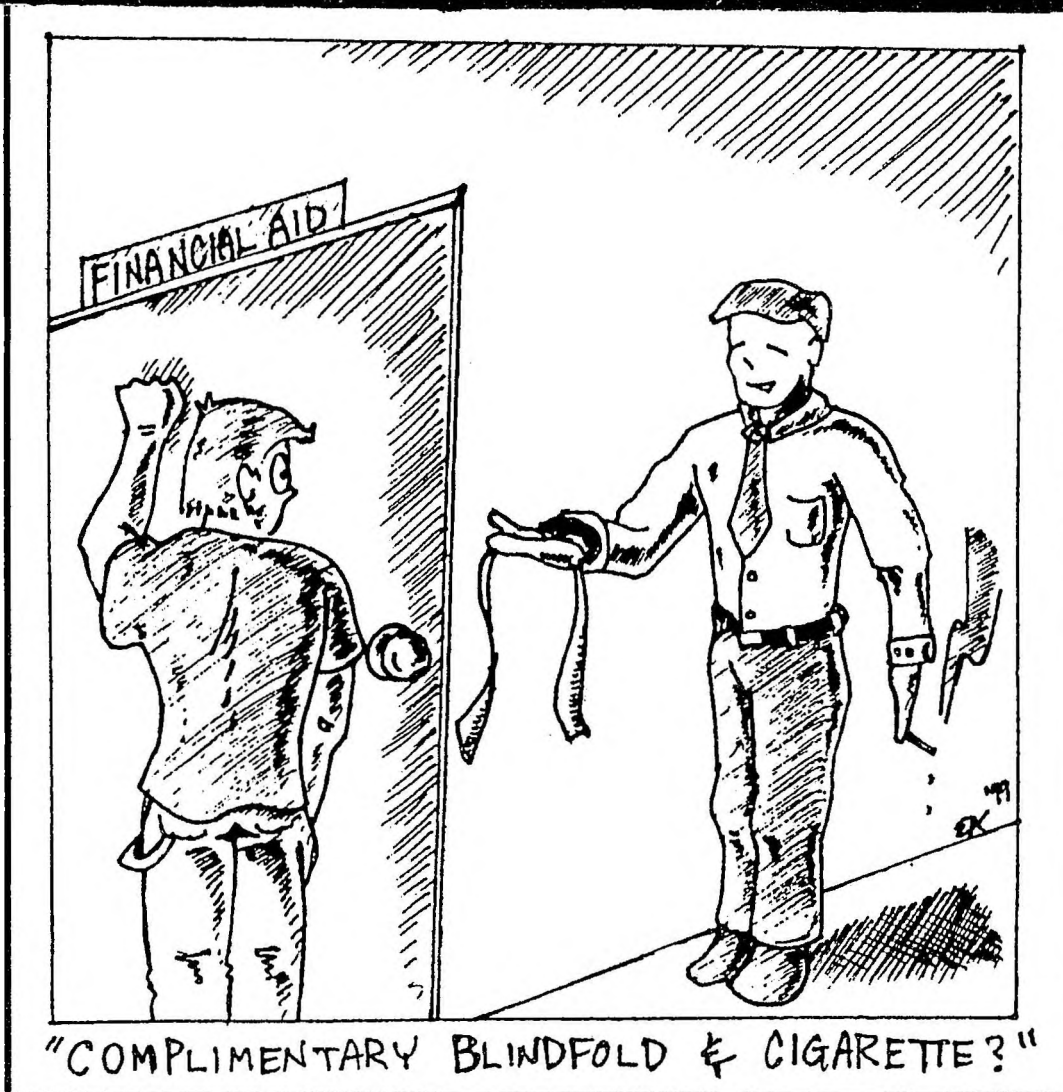
Leo (Jul 23-Aug 22) The C.A.s have surveillance on your apartment, flush the booze. Is a letter from Timi and Alcohol class really worth the killer buzz, underage chicks coming over to your apartment and you possibly getting laid for once?

Virgo (Aug 23-Sept 22) Whatever you do, don't argue with your professors! They are the ones with all the power, you're just a student. Do you want to learn or get a good grade? Don't fall in the heat of battle even though it's your destiny.

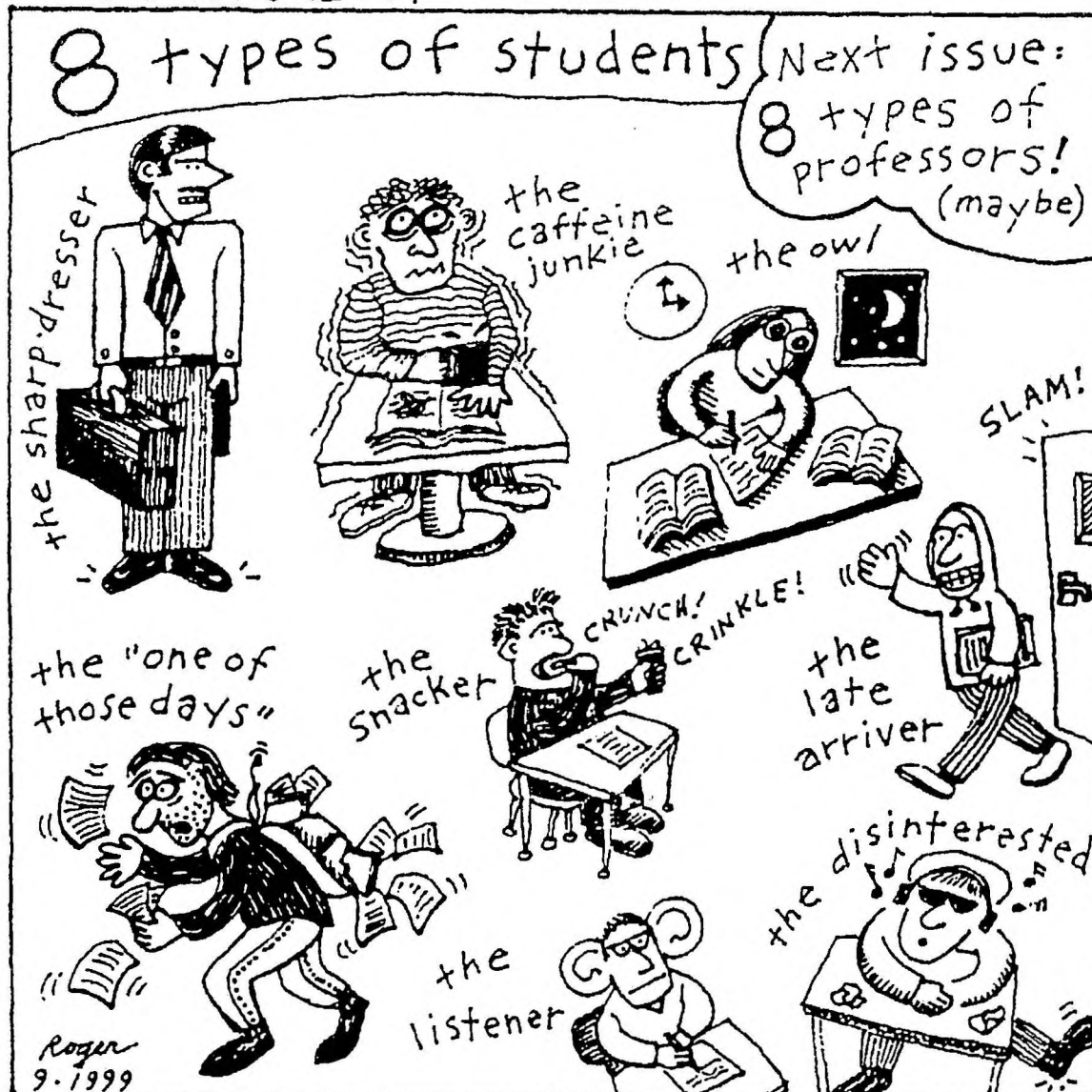
Dark Soul

Wilson Walz

In the beggining, I had truth in sight, as I grew I fell from the light.
At night I began to grow, my mind stirred and was never slow.
I began to question what is real, finding a place in society was no big deal.
I strayed from the path of norm', the darkness began to corrupt my form.
As I dug deep within my soul, I found my heart close to evil, and full of coal.
As my feel of normality slipped away, death came and my body began to decay.
In the end I was lost, cold as frost, with no end in sight, no path left to be crossed.
I embraced the evil which had become one with me, my soul was gone, like a ship lost at sea.
With passion I finish this verse, for I am the Dark Knight, bearer of this CURSE



whaletoons

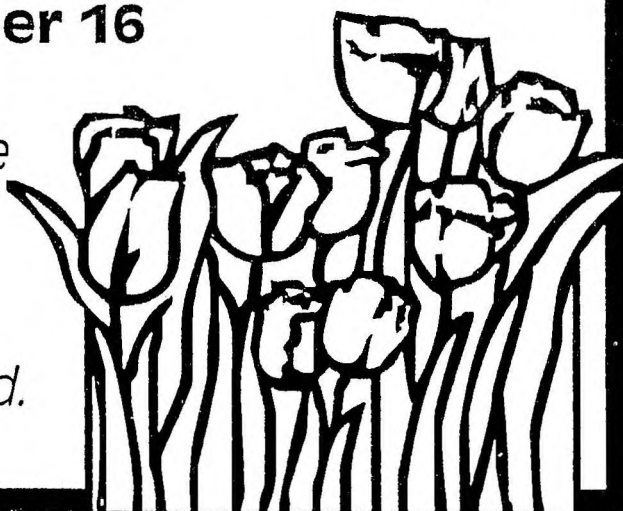


Bulb Planting Party!

Saturday, October 16
10 a.m.-Noon

Come help prepare
the campus for a
beautiful spring!
Meet in the
Mourant Courtyard.

UAS is an AA/EQ educational institution.



UAS Classifieds

Adonis sky god seeks quick-stepping musical Aphrodite for nightly trysts on the beaches of our personal Crete.

Long-haired slacker type with minimal discipline seeks rough lady with violent tendencies to get me in line.

Strong armed, soft hearted campus stud seeks buxom beauty for late night poetry reading and star gazing.

Q. Why do they throw students out of UAS for being drunks but not the faculty?

I'm all, like, you know, like you know, as if.

To Melissa: I am so glad you are here stick around for a while, will ya.

Looking for a Finnish love Goddess or a German Warrior Princess. Call 789-3363 for a pampered evening.

Timi: Is this Alaska or Warsaw?

A. Because the teachers don't pull the fire alarm as a prank!

Looking for rugged prof to take me down his trail of love. Must be knowledgeable of Descartes and Plato, and can't be a Lame Deer.

Thanks for reading. Check out the next issue, due out October 15.